

What is My Child Learning?

Your child is learning rules for how to be a good listener.

Why is This Important?

Being good listeners helps children be better learners. Following the Listening Rules helps children listen and pay attention in class.

Ask your child: **What are the Listening Rules in your class?** (Read each rule below and do the action along with your child.)

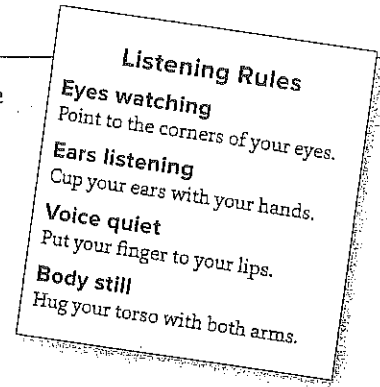
Eyes watching: Point to the corners of your eyes.

Ears listening: Cup your ears with your hands.

Voice quiet: Put your finger to your lips.

Body still: Hug your torso with both arms.

Why is it important to follow the Listening Rules? Possible answers: It helps you learn. It is respectful.



Practice at Home

Before giving directions for daily activities, such as getting ready for school, setting the table, or getting ready for bed, remind your child to use the Listening Rules. For example:

You need to use your Listening Rules now. Do the actions for each rule along with your child, then give the directions: **Please put a placemat and a knife and fork on the table for each person.**

Activity

Go through each of the Listening Rules with your child. Then tell your child to use these rules for this activity. When your child is ready, read the following riddle: **I'm round. I'm red. You can pick me off a tree and eat me. What am I?** Have your child write or draw the answer below.



(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)

**What Is My Child Learning?**

Your child is learning that being assertive is the best way to ask for help at school. When you are assertive, you face the person you're talking to, stand up straight, use a calm, firm voice, and use respectful words.

Why Is This Important?

Being able to ask for help assertively helps children be better learners. When children don't understand something, it helps them continue to learn rather than being stuck.

Ask your child: **What is a good way to ask your teacher or an adult for help?** *Second Step* answer: In an assertive way.

Can you show me how it looks and sounds to ask for help assertively?

(Your child should be facing you, sitting or standing up straight, and using clear, calm, and respectful words, such as "Can you please help me?")

Be Assertive

- Face the person you're talking to.
- Keep your head up and shoulders back.
- Use a calm, firm voice.
- Use respectful words.

Practice at Home

Notice if your child is getting frustrated with a difficult or new task (such as cleaning a messy room, reading a book, or writing words). First, give your child time to try to figure it out alone. If your child is still stuck, remind him or her to ask you for help. For example:

I see that you are starting to feel frustrated trying to write those words. If you would like some help, you can say: "Excuse me. Can you please help me write these words?" Wait and let your child ask you assertively for help. Make sure that you give him or her the needed help soon after being asked.

Activity

Help your child practice asking for help at school. Pretend that you are a teacher. You are busy writing a note on your calendar. Your child needs help with a math problem. Before asking you for help, your child needs to wait until you have finished what you are doing. Then have your child practice saying these words to ask you for help:

Excuse me. Can you please help with this math problem? Check the steps that your child remembered to do:

- Waited until you finished what you were doing before asking for help.
- Faced you.
- Stood up straight.
- Used clear, calm, respectful words.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)